

MasterFoodsTM

PROFESSIONAL

Moroccan Lamb
RECIPE

Moroccan Lamb



<?xml version="1.0"?>

TIME

15-20 minutes

INGREDIENTS

15 items

MAKES

6 servings

Try making this one pan quick and tasty dish – sweet and spicy and can be served as a main or shared as a starter, or scaled up for share tables and functions

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INGREDIENTS

For the Dukkha

- 2 tbsp. pine nuts
- 1 tbsp. sesame seeds
- ½ tbsp. cumin seeds
- 1 tbsp. MasterFoods™ Professional Moroccan Seasoning

For the Lamb

- 1 tbsp. olive oil
- 500 g lamb mince
- 2 tbsp. smoked paprika
- 1 tbsp. sweet paprika
- 1 tbsp. ground cumin
- 3 tbsp. MasterFoods™ Professional Moroccan Seasoning
- 2 tbsp. MasterFoods™ Professional Tomato Sauce
- 1 pomegranate, seeds removed
- 350 g hummus
- 2 limes, cut into wedges
- Handful of fresh mint and coriander, to serve
- Flat breads, warmed through, to serve

PRODUCTS USED



MasterFoods Professional Gluten Free Tomato Sauce 4L

[SEE DETAILS](#)



MasterFoods Professional Moroccan Seasoning 755g

[SEE DETAILS](#)

Cooking Instructions:

1. 1

For the dukkha, combine pine nuts, sesame seeds and cumin seeds in a pan, and lightly toast until fragrant. Combine with Moroccan seasoning in a bowl and set aside until needed.

2. 2

For the lamb, heat a shallow frying pan with olive oil over a medium high heat.

3. 3

Add the lamb mince and cook until evenly browned.

4. 4

Add all spices and Moroccan seasoning, and cook for a further 3 minutes.

5. 5

Remove from heat and stir through the tomato sauce.

6. 6

On a big plater plate, spoon out the hummus the base, sprinkle over the dukkha and top with lamb mince. Scatter over some pomegranate seeds.

7. 7

Serve with lime wedges, flat bread, and fresh herbs on the side.

Tips:

1. 1

This dish can be served with wild rice, quinoa, and a variety of pickles such as cucumber, onion, radish, or carrot.

2. 2

Flexible with beef mince, TVP, or other plant-based minces.

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[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[**Gua Bao Buns**](#)

Cooking time

10 min

Ingredients

11 items

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[**New York Inspired Tagliatelle Pasta**](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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